

# Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County  
Clark County Health Department • Tobacco Prevention and Education Program

Issue 67

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

December 2005

## Washington will Implement a Comprehensive Statewide Law Prohibiting Smoking in all Indoor Public Places.

Washington will become the 10th state to implement a comprehensive statewide law prohibiting smoking in all indoor public places on December 8, 2005. Last month residents voted to amend the 1985 Clean Indoor Air Act. Initiative Measure 901 will expand the definition of "public place" to include a reasonable distance around each public facility, defined as 25 feet from entrances, exits, windows that open, and ventilation intakes that serve an enclosed area where smoking is prohibited. The definition of "public place" includes private residences used to provide licensed childcare, foster care, adult care, or similar social services. The definition would also be expanded to include the following types of facilities: schools, bars, taverns, bowling centers, skating rinks, casinos, reception areas, and at least 75% of the sleeping quarters within a hotel or motel and rented to guests. The Clark County Health Department has set up an information line for the public to call with questions. Calls are retrieved and returned each business day, at 360.397.2550. The Tobacco Prevention and Education Program will hold two education forums to help business owners and managers learn how they can implement the changes ([see calendar](#)). Check the [Washington State Department of Health web site](#) for more information on I-901.

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## Great American Smokeout Activities

The American Cancer Society's 29th annual Great American Smokeout (GASO) was November 17. Both Clark and Skamania counties held several events to celebrate the day. Some of the events in Clark County included a press conference and unveiling of the Tobacco Free Zone signs by the Vancouver-Clark Parks & Recreation. The Clark County Health Department's Harm Reduction Center handed out Gay American Smokeout quit kits and the Southwest Washington Medical Center had a GASO display in their lobby promoting the Quit Line. Many schools put up banners, and had GASO displays and tobacco prevention activities and giveaways. In Skamania County, the Rock Creek Center put up a display and held a youth dance. Stevenson High School M.A.S.H. youth task force members assembled special quit kits with a "game board" included that suggests rewarding yourself for each milestone in quitting. Quit kits were distributed at several community locations and schools throughout the county.



Southwest Washington Medical Center display



HIV Prevention staff and Gay GAS promotional items



Rock Creek Center Display



M.A.S.H. members assembling quit kits



## Mary Deal Receives her Selecky Award

[Secretary of Health Mary Selecky](#), presented [Mary Deal](#) with the Selecky Award during the State Tobacco Prevention and Control 2005 Annual Conference November 3. The Selecky Awards are presented to people and groups that have excelled in the prevention and control of tobacco in Washington. Mary is a Health Services Officer at Clark College in Vancouver. The Washington State Department of Health selected Mary for the award because of her prevention efforts at the college. Because of her efforts, the college is one of the first in the Northwest to ban tobacco sampling and the advertisement of tobacco products on college property. She also proposed the policy that restricts or bans smoking on college property and she helped guide the policy through the process of getting student and staff input, college council approval, and finally, to the Board of Trustees. On November 21, the Board unanimously voted to ban tobacco use on all college-owned property. The policy goes into effect April 3, 2006, the first day of Spring quarter. It is hoped that Clark College's new policy establishes a model that may be duplicated by other institutions of higher learning throughout Washington State and the country.



## Kids Unveil their Art Work for Tobacco Free Parks



Allyson Anderson, 9, Fruit Valley

Vancouver-Clark Parks and Recreation hosted an unveiling of signs designed by local children, designating playgrounds, ballgames, beaches, restrooms and concerts in parks "tobacco-free". The children who drew the signs unveiled their work November 15 at Esther Short Park in Vancouver. The Tobacco-Free Parks Policy was drafted by the Vancouver-Clark Parks and Recreation Advisory Commission in February, and was recently adopted via resolution by both the Clark County Board of Commissioners and the Vancouver City Council. The policy requests voluntary compliance in keeping specific



Maddie Finley, 8, Hough Elementary

areas in the city and county parks free of smoke, as well as litter and residue associated with tobacco use. The signs, to be installed in city and county parks, utilize art by local children and are accompanied by a request to keep the area tobacco-free.

## Long Vue Takes on a Bigger Role at the Clark County Health Department

Beginning December 5th, 2005, [Long Vue](#) will be working full-time as a Health Educator with the Clark County Health Department, Tobacco Prevention and Education Program. In addition to his role of conducting tobacco compliance checks and working with retailers who sell tobacco, Long will be able to support TATU- both teens and the adult TATU trainers and advisors. He will also be able to work with local law enforcement, ESD 112, schools and youth programs to implement or enforce existing youth possession policies. Long plans to participate more in-depth in diversion programs for youth who are experimenting with tobacco or who are caught possessing tobacco. Now that Initiative 901 has passed, he will be part of the Tobacco Prevention and Education Program's plans to implement the new law scheduled to take effect on December 8th, 2005. Half-jokingly, Long says, "As a result, with the increased hours, I will be able to attend more meetings!" The Tobacco Prevention and Education Program looks forward to seeing more of Long.

## Clark County Health Department Move

In early January, 2006 the Clark County Health Department will move from its present location to the Clark County Center for Community Health Building. As of December 1, 2005 the phone number will change to 360.397.8000. The current 360.397.8215 number will roll over to the new 360.397.8000 number as they transition. Phone numbers for James Lanz and Long Vue will remain the same, Theresa Cross can be reached at 360.397.8000 x 7378.

#### Health Department Address as of 1/1/06

County Center for Community Health Building  
1601 E Fourth Plain Blvd., 3rd Floor  
Vancouver, Washington 98661  
360.397.8000



### New Secondhand Smoke Campaign Under Development

The Washington State Department of Health Tobacco Prevention and Control Program and advertising agency Sedgwick Rd. are working on the next secondhand smoke campaign, which is expected to launch in mid-January 2006. The theme will be aimed at encouraging smokers to "take it outside" away from others - especially when it comes to secondhand smoke in the home and in the car. TV, radio, billboards, transit, and other regular out-of-home venues will be used, as well as posters and information for apartment buildings. For more information, contact Scott Schoengarth at 360.236.3634 or [scott.schoengarth@doh.wa.gov](mailto:scott.schoengarth@doh.wa.gov)

### Hollywood Asked to Put Smoking Warnings on DVDs



Attorneys General from 38 U.S. states are asking major film studios to place anti-smoking public-service announcements (PSAs) on movie DVDs. Recent research suggests that film portrayals of smoking have a strong influence on youth decisions to start using cigarettes. "The industry's leaders are responsible Americans, and I'm sure they're just as concerned about the health of their children as the doctors are," said Maryland Attorney General J. Joseph Curran Jr. A PSA is already under development, and the heads of 10 top Hollywood studios are being asked to include it on all upcoming DVD releases. A spokesperson for the Motion Picture Association of America said that each studio would make its own decision on the request. 11/21/05 Associated Press.

### Even Brief Exposure to Secondhand Smoke Causes Harm

As little as 30 minutes of secondhand smoke can lead to hardening of the arteries in nonsmokers. "Exposure to secondhand tobacco smoke can result in reduced blood flow and an increase in a marker for oxidative stress equivalent to what occurs in smokers," said Toru Kato, MD, of Saga University in Saga, Japan, who studied a group of 15 smokers and 15 nonsmokers exposed to secondhand smoke. Kato and colleagues found that the smokers had lower arterial blood flow and higher oxidative stress before the 30-minute test began, but after 30 minutes of secondhand-smoke exposure the nonsmokers had similar symptoms. [WebMD](#) reported 11/16/05

### Smokers at Higher Risk of PTSD

A study of twins who served in the military concludes that those who smoke have twice the risk of suffering from post-traumatic stress disorder (PTSD), [New Scientist](#) reported November 8. About one in three people who experience extreme trauma later suffer from PTSD. The new study from Karestan Koenen and colleagues at the Harvard School of Public Health says that smoking is a major risk factor for developing PTSD. "Nicotine stimulates some of the same neurobiological pathways - the dopaminergic pathway associated with reward and fear - implicated in stress and addiction," Koenen said. "Smoking may sensitize these pathways, so a subsequent severe stressor is more likely to give someone PTSD." The researchers based their conclusions on a study of 6,744 pairs of male twins who had served in Vietnam; about half were identical twins. The study appears in the November 2005 issue of the [Archives of General Psychiatry](#).



## Effective Strategies for Parent Engagement Training

**January 10 Effective Strategies for Parent Engagement**, Olympia. Learn how parents can effectively engage kids when concerned about risky behavior (such as smoking, drinking, or using other drugs). This training will highlight a real life experience from a parent's point of view. Learn approaches to engage parents and families of adolescents, how to recognize substance abuse, the scene from the abuser's side, why kids don't want to quit and what might help them think before taking risks. Hear parent fears and frustrations and learn warning signs of specific dangers and strategies to use that will open communication between youth and parents about choices. The training includes personal stories, current data, group discussion, problem solving, and handouts. The training will take place 1:00 PM - 4:00 PM, Educational Service District 113, Olympia & Grays Harbor Rooms, 601 McPhee Road S.W., Olympia. Contact: Jan Hansen by January 6 [jhansen@esd113.k12.wa.us](mailto:jhansen@esd113.k12.wa.us) 360.464.6870 or log on to: <http://www.tobaccoprc.org/coursedetail.cfm?id=31>

## Motivational Interviewing and the Psychology of Addiction

**February 3 Motivational Interviewing and the Psychology of Addiction**, Yakima. Dr. Henry Montgomery, Clinical Psychologist, author, teacher, therapist and researcher will share the latest and best that research has to offer on Motivational Interviewing. This training will consist of Motivational Interviewing techniques with an emphasis on addictive behavior. Dr. Montgomery will provide information on tobacco cessation, addictive behaviors, and harm reduction. Having been a recent leader in the state on youth problem gambling, Dr. Montgomery will also address this issue and how it relates to tobacco prevention and control. The training will take place 8:30 AM - 3:30 PM ESD 105, 33 S. 2nd Ave., Yakima. Participants will be on their own for lunch. Contact: Susan Martin [susanm@esd105.wednet.edu](mailto:susanm@esd105.wednet.edu) 509.454.3127 or log on to: <http://www.tobaccoprc.org/coursedetail.cfm?id=23>

## Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
- [Subscribe to this Newsletter](#)

## Calendar of Events

- 12/15 Tobacco Free Coalition of Skamania** meeting, 3:30-5 PM, Rock Creek Center, Stevenson.  
Contact: [James Lanz](#): 360.397.8416
- 12/06 Tobacco Free Coalition of Clark County**, 2:30-4 PM Memorial campus of SWMC, Medical Office Building, Fir/Willow Room, 100 E. 33rd St, Vancouver. Contact: [James Lanz](#): 360.397.8416
- 1/19 Cessation Task Force** meeting, 2:30-4 PM Clark County Health Department, Garden Conference Room.  
Contact: [James Lanz](#): 360.397.8416
- 12/16 Initiative Measure 901 Education Forum for Businesses**, 9-10:30 AM, Fire Station #83, 213 NE 120th Ave., Vancouver. Contact: [Theresa Cross](#): 360.397.8215 x7378
- 12/22 Initiative Measure 901 Education Forum for Businesses**, 7-8:30 PM, Fort Vancouver Regional Library Community Room, 1007 E. Mill Plain Blvd. Contact: [Theresa Cross](#): 360.397.8215 x7378

Please [let us know](#) about your tobacco related events so we can post them here.

## Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: [www.ash.org](http://www.ash.org)
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: [www.no-smoke.org](http://www.no-smoke.org)
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: [www.americanlegacy.org](http://www.americanlegacy.org)
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: [www.tobaccofreekids.org](http://www.tobaccofreekids.org)
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: [www.champss.org](http://www.champss.org)
- [Chewfree.com](#) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco): [www.chewfree.com](http://www.chewfree.com)
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: [www.unfilteredtv.com/o2magazine/index.php](http://www.unfilteredtv.com/o2magazine/index.php)
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: [www.americanlegacy.org/factclipboard](http://www.americanlegacy.org/factclipboard)
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: [www.housingconnections.org/Search.cfm](http://www.housingconnections.org/Search.cfm)
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: [www.SMOKEFREE.net](http://www.SMOKEFREE.net)
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: [www.smokefreefamilies.org](http://www.smokefreefamilies.org)
- [Smoke-free Restaurants in Washington](#). Washington State Department of Health web-based interactive map listing nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. [www.secondhandsmokesyou.com](http://www.secondhandsmokesyou.com). Click [Clark County](#) or [Skamania County](#) for local restaurants.
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: [www.TobaccoScam.ucsf.edu](http://www.TobaccoScam.ucsf.edu)
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: [www.QuitLine.com](http://www.QuitLine.com)
- [UnfilteredTV.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: [www.unfilteredtv.com](http://www.unfilteredtv.com)
- [Tobacco Prevention Resource Center](#) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. [www.tobaccoprc.org](http://www.tobaccoprc.org)
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: [www.ttac.org](http://www.ttac.org)

**Links to external resources are provided as a public service and do not imply endorsement by the Clark County Health Department.**